

PALAU WORLD HEALTH DAY

ADULT POPULATION (AGED 15+)

POPULATION BY BMI AND SEX

BODY MASS INDEX¹ (BMI)

BMI normal range
18.50 to 24.99

27.58

Average
ADULTS



Average
WOMEN

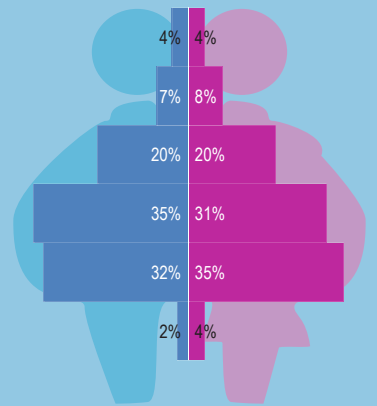


Average
MEN

Two-thirds of the population are overweight-to-obese

BMI categories (kg/m²)

Obese class 3 (≥ 40.00)
Obese class 2 (35.00 to 39.99)
Obese class 1 (30.00 to 34.99)
Overweight (25.00 to 29.99)
Normal range (18.50 to 24.99)
Underweight (<18.5)



CONSUMPTION

2.2%

(\$332 per household per year)
of the total household
spending is on health²

23%

(\$790 per household per year)
of household food expenditure is on
rice (9%), takeaway (7%), soft drink
(4%) and corned beef/spam (3%)

4.9%

(\$724 per household per year)
of total household spending is on
tobacco (3.0%), betel nut (1.0%)
and alcohol (0.9%)

THE MORE
OVERWEIGHT
A PERSON, THE MORE
LIKELY THEY HAVE
AN ONGOING HEALTH
PROBLEM

PROPORTION OF PEOPLE IN EACH BMI CATEGORY THAT REPORTED HAVING HAVE AN ONGOING HEALTH PROBLEM³



UNDERWEIGHT



NORMAL



OVERWEIGHT



OBESE CLASS 1



OBESE CLASS 2



OBESE CLASS 3

ONGOING HEALTH PROBLEM

1 in 5 ADULTS
reported having an
ongoing health problem



18%

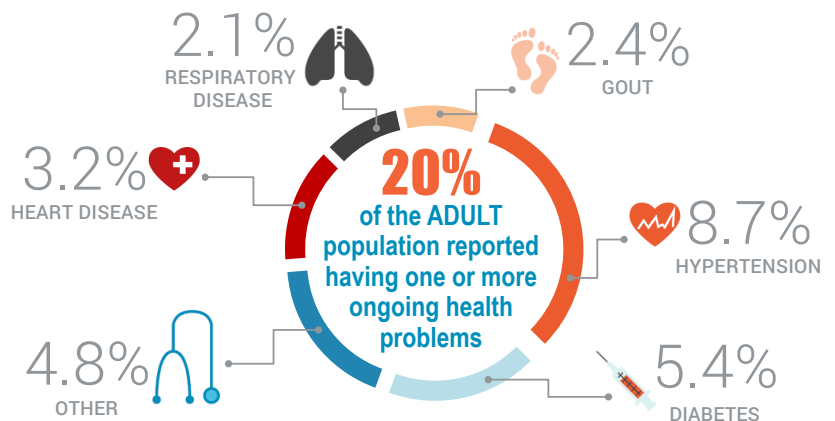


23%

17%
take
medicine



18%
consult
a doctor



The figures presented in this poster are derived from Palau's 2014 Household Income and Expenditure Survey (HIES) where a total of 869 households, 15 percent of households, were interviewed over a 12-month period. The figures are representative of the whole population. The information collected in HIES, including those related to health, is respondent reported and there is potential for differing results between other surveys and those presented herein.

¹ BMI takes the height and weight of an individual and categorises that person as underweight (<18.50), normal weight (18.50 to 24.99), overweight (25.00 to 29.99), or obese (≥ 30.00).

² Government health expenditure in 2013 to 2014 financial year was USD 8.8 million.

³ Obesity was not included as an ongoing health problem in this figure due to the close linkage between obesity and BMI.